

— *www.bbc.com*

I have you in mind as well as my other all-
 time—indeed it, because you know—
 I have you in mind as well

Kiwis advised against travel to South following heavy fighting in Sulu

TACLOBAN (from front) The United Kingdom, New Zealand yesterday advised its citizens against traveling to southern areas where heavy fighting has erupted between government troops and Islamic insurgents in Sulu.

The New Zealand government advised

its citizens not to make a trip to "all of Mindanao," Sulu, Basilan and Zamboanga as well as southern Mindanao.

"Violence, terrorism and security concerns should be exercised in New Zealanders when traveling in the Philippines. We con-

sist to advise against all travel to the southern Philippines," it said in its advisory.

The United Kingdom had earlier advised its nationals to stay in Mindanao.

British Gov. Gerry Robinson had warned that the fighting "might spill"

the entire island and spill over into other islands if the fighting were not halted.

The clashes broke out last Monday when rebels ambushed a convoy of soldiers in Marikina town and staged attacks in other areas in Sulu.

The New Zealand government also advised its citizens to "be very careful about personal security" while traveling in the rest of the country, including Manila, citing some "risk of terrorism and kidnapping."

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'El Presidente' denies wife's allegations of abuse

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The first compliance period of the Mandatory Continuing Legal Education (MCLE) ended last December 31, 2004. Notices of non-compliance will soon be sent out by the MCLE Commission. Pursuant to Bar Master 893, non-compliance with the MCLE requirement shall be a cause for losing a lawyer as a delinquent member of the IBP and consequently, he shall not be permitted to practice law.

Legal Forum, Inc., an accredited MCLE provider, shall conduct its third 36-unit MCLE course in **MAKATI CITY** on February 14 & 15 and March 1 & 2, 2005. Credits earned can be credited to both the first & second compliance periods.

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Day	Credit Units/Subject Per Bar Master 893	Lecturer
Feb. 14 a.m.	Procedures in Civil and Criminal Procedure	Justice Reyes E. Reyes
Feb. 14 p.m.	MCLE Advisory	Justice Reyes E. Reyes
Feb. 15 a.m.	MCLE Seminar: Rules on Electronic Evidence	Justice Reyes E. Reyes
Feb. 15 p.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes
Feb. 16 a.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes
Feb. 16 p.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes
Mar. 1 a.m.	Procedures in Criminal Law and Jurisprudence	Justice Reyes E. Reyes
Mar. 1 p.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes
Mar. 2 a.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes
Mar. 2 p.m.	MCLE Seminar: Environmental Law	Justice Reyes E. Reyes

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By Henry Cervell

Manila

FORMER basketball superstar El Fernandez's personal assistant has with him a shocking allegation that he had physically abused her and their children during their marriage of 27 years.

Mon Fernandez yesterday applied at the Metropolitan Regional Trial Court for temporary and permanent protection order against Fernandez from communicating with her for immediate family, the court said, and from visiting their youngest child in his custody.

Karen, now a communications officer for the former basketball player (MBA), was named by Mon's daughter a TPO and sued the alleged father.

In Karen's letter with the court, she stated that she had been a "battered husband" since she married him.

"I was a love slave when I was not even going home since October of last year," Karen said.

She also stated that a physical assault had occurred, the alleged other woman is in need of protection.

"After long years of marriage and the birth of our children, Karen said, she was still in fear of him.

In her complaint, Karen Fernandez said she



MON FERNANDEZ. Now can Karen sue him? How and how long? (Photo by a friend of Karen)

only recently of their two children, from 2004 monthly salary for the children, \$50,000, and for their youngest child, a vehicle for his own use, and compensation for the acts of violence inflicted by Karen on her person.

Mon Fernandez wife sues to stop physical abuse

By Henry Cervell

Mon Fernandez's wife Karen is suing him to stop physical abuse.

"I was a love slave when I was not even going home since October of last year," Karen said.

She also stated that a physical assault had occurred, the alleged other woman is in need of protection.

"After long years of marriage and the birth of our children, Karen said, she was still in fear of him.

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Now, gov't losing English teachers to call centers

By Dana E. Padillagan

THE GOVERNMENT is losing potential to place potential public school teachers to call centers because of low pay, according to a study by the Philippine Education Trust.

The education trust says finding it difficult to recruit competent people because of the meager salaries of public school teachers.

As a result, he said, most new education graduates preferred to apply to call centers which offer higher salaries.

Call centers reportedly offer a monthly salary of P11,000 to P12,000 for a fresher in training. The entry level salary for a public school teacher is about P6,000.

And said education graduates also preferred to work on computers and chat apply for higher-paying jobs abroad.

He admitted that he knew on the salaries

of government workers had discouraged education graduates from applying to public school teachers.

Government employees would not be getting a salary increase this year, he further commented.

"Somebody are usually want to increase the salary of our teachers to a more competitive rate, we are really quite frustrated by the fixed rates," Abad said.

He further says that coming school year would be to recruit 10,000 new public school teachers.

To make sure they are hiring competent people, Abad said, they would be asking teacher applicants to take an English proficiency exam on top of the mandatory licensure examination for Teachers (LGT).

He expected the majority of public school teachers had taken an English examination.

Islamic subjects to be taught in some public schools—DepEd

Public elementary schools with Muslim students of Muslim students would be required to teach Islamic subjects starting next school year.

The Department of Education has stepped up its efforts to teach Islamic subjects in public schools.

It is part of DepEd's plan to improve the curriculum in public schools.

Education Undersecretary for Special Concerns, DepEd, said the new curriculum will be implemented nationwide in public schools where there are large concentrations of Muslims.

"There are also Muslim communities outside of Mindanao," he pointed out.

Thus, starting next, Arabic and Islamic values would be taught along with the regular subjects of English, Filipino, Math, Science and Makabatas.

Teaching up Arabic and Islamic values would be required for non-Muslim students, too, he said.

He said the teaching would follow a set curriculum that is a two-credit subject.

"We're requiring an additional two-credit subject in our curriculum," he said.

The DepEd has also provided a standard curriculum for the new subject. It has integrated English and Filipino into the regular

curriculum.

Thus, English and Filipino would be taught along with the regular subjects of Arabic, Islamic Studies, Math, Science and Makabatas.

Somehow, some of the Muslim students would be required to take the curriculum to get government recognition. There are about 8,000 private schools operating in the country.

However, they are not recognized by the government because they follow the Islamic educational system and not Arabic as the medium of instruction.

Some Muslim graduates have started their own schools or teaching jobs because their religious education is not recognized outside of Muslim communities.

However, said they are also developing special Islamic schools for public schools.

These schools would also be made available to non-Muslim students.

"What they are (in the schools) are learning materials from the Middle East. This is the first time we would have schools here, not only in the Middle East," he said.

The DepEd has tapped 20 Muslim scholars or ulama in developing the curriculum. Dana E. Padillagan

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The World

Giles Lovett/B. Corra

Shiites big winners in Iraq election

BAGHDAD—Iraq's long-suppressed Shiite majority scored a resounding victory in the first vote since Saddam Hussein's downfall, sending the major for the first Shiite group, estimated to be 60 to 70 percent, to power.

The main Shiite bloc led by spiritual leader Grand Ayatollah Ali al-Sayid won 34.4 percent of the vote, according to preliminary results. Although the Shiite bloc won more than half of the votes, the coalition needed to win 50 percent of the vote to win the election.

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Germans mark fire bombing of Dresden as neo-Nazis march

DRESDEN, Germany—Flaming black flags and anti-gay slogans accompanied a neo-Nazi march in Dresden on Sunday, marking the 62nd anniversary of the Soviet Union's bombing of the city.

The march was part of a series of events marking the 62nd anniversary of the Soviet Union's bombing of the city.

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THE DEVASTATED city of Dresden, Germany, is seen in this aerial photograph after the Allied forces' air raid on Feb. 11 and 12, 1945, which killed 11,000 people. An area of 11 sq km of the city was destroyed, and 90 percent of the houses, among them 75,000, were destroyed and the entire city was in ruins.

Ray Charles leads Grammy awards

LOS ANGELES—The late Ray Charles won the Grammy Award for Best Male Vocal Performance in 1994.

The award was presented to Charles at the 36th Annual Grammy Awards ceremony.

Charles was one of the most popular and successful musicians of his time.

He was known for his soulful and powerful voice.

Charles was a pioneer in the field of soul music.

He was a member of the Rock and Roll Hall of Fame.

Charles was a true legend in the music industry.

His music continues to inspire people around the world.



RAY CHARLES, winner of the Grammy Award for Best Male Vocal Performance in 1994.

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War with Israel effectively over, says Abbas

GAZI, CTT. Yassir Arafat—the one Palestinian leader throughout Abbas, said in an interview that the war between Israel and the PLO is effectively over and that the Israeli peace initiative is an idea from the Israeli Likud government, Abbas said.

Abbas's statement is a departure from Gazi and demands of Israeli negotiators that he be in the West Bank, despite "his much-vaunted" in an interview with the Israeli Likud government, Abbas said. "You said you to start with, so the end is not far. And he has a partner."

Israel said further on Sunday in an interview with a newspaper that it has a final offer to Israel.

In an interview in his office in Gazi, Abbas spoke with a group of Israeli journalists from the Israeli groups Shalom and Ma'ariv. He said he was not ready to accept the Israeli offer and that he would continue to fight the war with Israel.

Abbas said the war with the Israelis will end only when the Israeli government is ready to accept the agreement "made in Gazi."

In the first interview with a Western news organization since he was elected president of the Palestinian Authority just two weeks ago, Abbas spoke with optimism, confidence and a sense of Israeli peace. He said he was not ready to accept the Israeli offer and that he would continue to fight the war with Israel.

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Fears raised huge building faces collapse after biggest fire in Madrid



SMOKE rises from a building in Madrid, Spain, after a fire that destroyed a large part of the building.

MADRID—A huge fire broke out in a building in Madrid, Spain, on Sunday night, raising fears that the building would collapse. The fire broke out in a building in Madrid, Spain, on Sunday night, raising fears that the building would collapse.

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US nun shot dead in Brazil's Amazon

MIRAFLORES, Brazil—Brazilian police said a 74-year-old American nun was shot dead in the Amazon region of Brazil. The nun was shot dead in the Amazon region of Brazil.

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Rebs kill 4 cops in airport, road attacks

MANILA CITY—Four police officers and a civilian died when armed rebels, including former Sgt. Gregorio Rosales, gunned down police officers, were arrested in two separate attacks by members of the New People's Army (NPA) in Vigan, Catanduanes yesterday morning.

SPOC spokesman Geronimo, chief of the communications office of the Catanduanes Provincial Office (CPO), identified the four killed as SPOC Red Bull, two officers and a civilian. Reports, both unconfirmed, said the rebels were in the Vigan domestic airport. PDI Small Sgt. of the CPO and Sergeant, Sergeant, killed one of the rebels.

Reports from Camp Francisco Geronimo in Vigan said that four rebels were shot and four were taken to the airport. The rebels were shot and four were taken to the airport. The rebels were shot and four were taken to the airport.

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Reinforcement
 A reinforcement team led by Rosales headed to the scene and gunned down the rebels. The rebels were shot and four were taken to the airport. The rebels were shot and four were taken to the airport.

Reps and Rosales died in the airport attack while PDI Small Sgt. and Sergeant, Sergeant, killed one of the rebels. The rebels were shot and four were taken to the airport. The rebels were shot and four were taken to the airport.

Reps is a critical member.

Geronimo said government forces and rebels were still exchanging gunfire as of yesterday afternoon.

Police pointed to the NPA's last month's killing of a police officer in Catanduanes as a response to the attacks. They said they believed the rebels wanted to kill one of their comrades, Rosales, who was arrested by CPO members on Feb. 11 as a result of an arrest was made by the NPA. Reps is a critical member.

Reps was allegedly one of the rebels who killed the Sgt. Major (Maj.) Police Officer in 2001, killing two police officers.

'Happy Valentine's'
 He was alleged to be a rank member of the armed movement in Catanduanes.

Continued (page 2) The NPA's last month's killing of a police officer in Catanduanes as a response to the attacks. They said they believed the rebels wanted to kill one of their comrades, Rosales, who was arrested by CPO members on Feb. 11 as a result of an arrest was made by the NPA. Reps is a critical member.

Reps, but I don't have yet the specific details of the incident. Reps was allegedly one of the rebels who killed the Sgt. Major (Maj.) Police Officer in 2001, killing two police officers.

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Asian Spirit

Lack of jobs driving logging workers hungry

QTY OF SAN FERNANDO—Hungry strikers on 300-day plant employees of a logging company in Caraga, Southern Mindanao, with some meeting in earlier protests in wading on do-doo-on. Mayor Fernando Biongo told the strikers to please.

For Mayor Fernando Biongo, in a separate interview, confirmed that he told some employees had been meeting in the company of 3,500 employees. "We are not happy," he said, "but we are in a difficult situation."

The IBC was one of 25 logging companies ordered closed when Environmental Secretary Michael Debesa imposed a total log ban throughout Antero and Davao.

The workers came in the hands of a wave of flash floods and landslides which were hampering logging. The disaster, which occurred on the beach of San Francisco, killed more than 3,500 people and left some 5,000 families homeless in those two areas. Local provinces.

"We are not in a position to do anything," he said, "but we are hungry," he said.

Biongo said he had been told by some 100,000 people in the hands of a wave of flash floods and landslides which were hampering logging. The disaster, which occurred on the beach of San Francisco, killed more than 3,500 people and left some 5,000 families homeless in those two areas. Local provinces.

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Steps taken to put out 2-week Bacolod dump fire

BACOLOD CITY—The Bacolod City government has begun its pioneering measures aimed at putting out the 20-day fire at the Department of Environment and Natural Resources (DENR) dumpsite in the city.

Allen Tano, acting chief of the Department of Public Safety, said they cannot let the dumpsite go on as it is. They are now working on a plan to put out the fire.

Part of the plan will be to use the fire to burn the waste. The fire is now burning in the dumpsite.

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General accused of rights abuses installed amid protests

By Jay A. Sabido
PHILIPPINE ARMY

BAGUIO CITY—Gen. Jericho P. Dela Cruz, newly installed as head of the Philippine Army in Baguio, was last week in a "heavily armed" ceremony announcing the opening of human rights group.

Delacruz, 54, was installed as 10th Philippine Army chief during a ceremony on Feb. 10 at Camp Lapasan in Baguio. He is a former colonel in the Philippine Army.

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Vigilance leads to rescue of endangered turtle



CHILDREN watch over the eggs of a Galapagos tortoise prior to its release to its natural habitat.

Children were seen watching over the eggs of a Galapagos tortoise prior to its release to its natural habitat.

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TwoBox
Question of the Week
A survey says that more Filipinos are unhappy with their livelihood. What can be done to make your livelihood happier?
Answers of 1000+ Filipinos are published in Tuesday's TwoBox and will receive an "Inquirer Mag" prize.

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Magazine
Magazine subscription service. Includes a free trial issue. Contact: 1-800-888-8888.

Magazine
Magazine subscription service. Includes a free trial issue. Contact: 1-800-888-8888.

Toyota auto parts exports seen to hit \$420M this year

iBank '04 earnings up

BYRONNE/PHIL. (Bureau)

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By Arnold W. Domingo

THE LEADER group of Toyota companies and suppliers reported record sales for the first quarter of 2004, with sales in the Philippines up 30.7 percent over the same period last year.

TMPC data showed that the Toyota group shipped over a total of P384 million worth of auto parts to affiliates all over the world, an increase of 7 percent from P357 million in 2003.

In 2004, the group accounted for 27 percent of total Philippine Toyota exports, according to the company.

The group includes Toyota Philippines and the Toyota supplier network composed of 100+ independent, multi-scale companies that produce vehicle components parts and supply a total of 12,000 workers.

Combined investments in factory and logistic facilities have reached P14.3 billion in 2004.

2004 while P32 billion in customer claims and loans have been paid for since Toyota was established in the country in 1958.

Also yesterday, TMPC officials announced that the first half-endemic sales of its new multi-purpose vehicle called the "Sienta" exceeded its all-time best-selling "Tacuma" line.

TMPC president Nobuhiko Matsushita said during the launch event that the Sienta, created as the "Sienta" exceeded its all-time best-selling "Tacuma" line.

TMPC also announced that the Sienta is now the second best-selling car in the Philippines.

"Being the industry leader, we have a major responsibility in terms of the country's economy," he said. "By continuing to build our brand and contribute to the country's growth, we are living up to our commitment to be an active partner in industrial development."

Toyota said further the Sienta would also be sold in several other countries with components from all over the world.

"Therefore, there is a great opportunity for our local suppliers as they have many potential customers worldwide aside from TMPC at home."

A Sienta, the latest model would have a seating capacity of eight, a body style with large body side and advanced design and new advanced interior and exterior features.

Also, the new vehicle would use a new platform designed for 1600 cc or more engines, new frame and suspension, and newly developed engine.

TMPC chief George Li said the firm expected the Sienta to "become an important part of the country's automotive industry in the future."

With a 31.3 percent share in the local market in 2004, TMPC reported sales and production of 10,000 units in the country.

Palace names adviser for entrepreneurship

MANILA (Bureau) — President Gloria Macapagal Arroyo has named a new adviser for entrepreneurship.

Arroyo's adviser will be a former adviser to President Fidel V. Ramos, who served as the country's first vice president.

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Host communities to validate mining firms' 'social license'

By Peter W. Ramos

Philippine Mining Industry Association

THE PHILIPPINE Mining Association of 1995 was hailed by the industry last as a landmark in mining law, regulation, and governance.

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The Philippine Mining Industry at a Glance

2004 production value	P 42.6 billion (US\$ 794)
2004 production value	US\$ 794 million
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Host communities to validate mining firms' 'social license'

MANILA (Bureau) — The Philippine Mining Industry Association (PMIA) has called for host communities to validate mining firms' "social license" to operate.

PMIA President Peter W. Ramos said that mining firms must have a "social license" to operate, which is a license granted by the host community.

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LIFE STYLE

The Inquirer's Lifestyle Magazine is available only to subscribers.

Send us your feedback:
mailto:life_style@inquirer.com.ph
(800 100 1000)

Editor: Chela Bana-Fernandez

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Parents are children's role models

A PHILIPPINE endocrinologist explains why parents should be more concerned with the eating habits of their children than their own. This is true, but the question is how to do it.

WELL AND GOOD



Tina Dizon

Once, I had a client who complained that her 7-year-old son would not stop eating potato chips and other junk food. I asked her, "Who buys him the junk food?" She looked surprised for an instant and then very sheepishly said, "Me!"

I told her if she stopped buying those things, it would be the first step in fighting her child's overweight problem. But that was only a start. But she the owner, she didn't look too happy with this advice and later in the consulting session, I found out why. She and her husband were like "cuddlers" in the staff.

Another time, I was asked on a television show for mothers. The topic was how to prevent obesity in kids. The show's producer asked for me to talk to a young mother with an overweight 3-year-old.

As I considered the nervous young mom who was desperate because her toddler was growing bigger by the day, the child was almost beside her screaming on potato chips while the eye was looking him up from a self-dreaded distance.

Helpless

I almost roll off my chair when the mother said she didn't know why her child was getting so fat. When I pointed out that junk food and soft drinks were making her child obese, she said she couldn't do anything about it because the kid would have tantrums if he didn't get his favorite snacks. And he would throw tantrums if he didn't have those snacks or he wouldn't sleep every day.

I was totally frustrated when the conductor of our interview asked the mother before it was the last time asking her for her probably his years because his father was all in overweight. In fact, she said, "All my in-laws are overweight."

I found out her husband and his family had the same eating habits as her son. There were obviously deep prevailing issues involved. She did not have the courage to go against the eating style of her husband and in-laws and she did not know the will to deal with her toddler's tantrums. It was easier to blame the child's obesity on "genes."

Oh well, I just hoped mothers watching the show were more discerning and learned a thing or two about preventing obesity in their families.

Chip off the old block

Those two mothers are exactly what the child obesity epidemic was talking about. One creates kids because overweight is a result of the eating habits of the parents. But to blame the blame remains false, too.

Studies indicate that if one parent is overweight, the child has a 40 percent chance of becoming overweight, too. If both parents are overweight, then the probability of the child's being obese rises to 70 percent. A child whose parents have normal weights only has a 7 percent chance of becoming obese.

Science confirms that people are born with a tendency to be overweight, normal weight or underweight. But having fat genes does not mean obesity is inevitable. You already—what you eat and how much exercise you get—will have greater impact on your weight.

That theory was the example for your children. A 2001 Danish study found that even before the age of 2, children were already eating breakfast, usually soft drinks and salty snacks. The children were not born wanting those foods. Their parents introduced them to those eating patterns.

Starts early

The real part is, according to dietitian Julie Shachtman, has written one book on child nutrition, a child's food preferences are generally shaped between ages 2 and 4, a child will already eating habits because an adult who prefers sweets instead of fruits.

Moral lesson

The moral of the story is if you want your kids to be fit and healthy, you're got to start with yourself. Children follow what you do, not what you say. If you eat junk food, your kids will do the same. If you eat correct portions, chances are your kids will, too, maybe not right away since most kids are naturally under (thank goodness for Mother Nature).

Now is a perfect time that works if you are willing to make a work. Do not allow

highly processed, high-calorie, low-nutrient food to your house. Both you and your kids will be healthier and it makes if you do this. I admit that the "best" snack isn't good but we can't let our appetite and taste buds destroy our health and the health of our children.

But total deprivation may lead to bingeing and an even greater desire for whatever it

continues on



Illustration by [signature]



WILDERMAN's heavenly look-alikes: Jon Maltby, Matt Nelson, Andrew Phil, Paolo Costini and J.R. Reed



GIRL (A-A-A) Gorgeous and talented actresses Alexandra de la Roca and Anne Carter, who play Alex and David



LET'S rock. Star lovers' Reginald Marshman, Logan Goodrich and Ryan Eggenstein



COOL dudes: Andrew Schimmer and Patrick Quinn



GAME on! Here, super smart president of MTV, Markie Morris, with siblings Victoria and Victor Griggs



OBSESSION: Belvedere and Janelle Garza with their kids



DREAM Couple: with van Marrewijk



BEAUTIFUL couple: Braden on Gibson and Guy's Edwits



THIRD place, the Orange Team of Misses Body Model "Eli" Oka, Russell Simpson, A and Colandini, Tim Walters, Karla Escobar, Jake Carmona and Raymond Gutierrez (center) Ryan Simpson, executive producer (far left) and Jeremy Margolis

Hot bods, cool products

LIBERALLY view white and slightly curly-haired bodies as the beauty of beaching. Club Mink is back in business, so today's hottest and most gorgeous celebrities make their way to the island paradise for the online event of the year—the 2009 Hot Body Cool Products and Accessories Show.

The top-day Hips Aqua Cool Inspiring was actually super charged and lots of fun.

WITHOUT BATTING AN EYELASH

Jennifer Aniston
Hostess: Alex Voss Huggins
using: Koolhaas Beauty Shop

...and make a superstar looking for the launch of Huggins' new Aqua Cool collection. She's looking for the launch of Huggins' new Aqua Cool collection. She's looking for the launch of Huggins' new Aqua Cool collection.

The first night had the stars partying to their favorite live acts and celebrating the opening of Huggins' new Aqua Cool, which provides stars with made-to-order personal white tanning, including of tanning and a cool summer look. Back to the stage "Cool Girls" singing.

Having a Blast

On the second day, the white, dried-out stars, had a blast as they participated in



GOOD-LOOKING: stars: Andrew Phil, Paolo Costini, Marco Alvarez with his wife, and other stars: Gabe Gabe, Paolo Costini and Victoria: Paul Nelson



CHAMPIONS of the Orange Team of Misses Body Model "Eli" Oka, Russell Simpson, A and Colandini, Tim Walters, Karla Escobar, Jake Carmona and Raymond Gutierrez (center) Ryan Simpson, executive producer (far left) and Jeremy Margolis



WEEK you were featured: Gabe Gabe with his wife, and other stars: Gabe Gabe, Paolo Costini and Victoria: Paul Nelson



COOL, guys cool & Richard Gutierrez with AJ Eggenstein and Paolo Costini



DELICIOUS! go green: Gabe Gabe with his wife, and other stars: Gabe Gabe, Paolo Costini and Victoria: Paul Nelson



WITTY and funny: Huggins' new Aqua Cool Inspiring was actually super charged and lots of fun.



HP SHARER of Premier White and Sports, good-looking Spencer

THE HALL: keep the eye more like Alex Pagan

HEALTHY

Break a leaf to cool a burn

ALOE vera's properties as a skin aid treatment for burns were revealed in a new study testing its effect on second- and third-degree burns. The researchers, who focused on the best time, the immediate application of aloe vera, found that it was most effective when applied within 12 hours of the burn, but not as soon as possible after the burn. The study was published in the *Journal of Burn Care and Research*.

Not only did the aloe gel quickly re-

duce the pain, the burn also healed without a scar. In fact, the "burn model" proved that aloe vera was the best treatment for burns.

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Complete line for facial skin care

AT TOLL, a leading skin care brand, offers a complete facial care system that includes facial cleanser, moisturizer and toner, as well as aloe vera.

The Aloe Vera Facial Cleanser gently cleanses and soothes the skin, leaving it feeling fresh and hydrated. It is suitable for all skin types.

The Aloe Vera Moisturizer is a lightweight, non-greasy formula that provides long-lasting hydration. It is suitable for all skin types.

The Aloe Vera Toner is a refreshing formula that helps to tighten the skin and reduce the appearance of pores. It is suitable for all skin types.

The Aloe Vera Sunscreen is a broad-spectrum SPF 15 formula that protects the skin from harmful UV rays. It is suitable for all skin types.

The Aloe Vera Eye Cream is a gentle formula that helps to reduce the appearance of fine lines and wrinkles around the eyes. It is suitable for all skin types.

The Aloe Vera Lip Balm is a moisturizing formula that helps to keep the lips soft and hydrated. It is suitable for all skin types.

The Aloe Vera Body Lotion is a lightweight formula that helps to moisturize the body. It is suitable for all skin types.

The Aloe Vera Hand Cream is a rich formula that helps to keep the hands soft and hydrated. It is suitable for all skin types.

The Aloe Vera Foot Cream is a rich formula that helps to keep the feet soft and hydrated. It is suitable for all skin types.

The Aloe Vera Nail Polish is a long-lasting formula that helps to keep the nails healthy and beautiful. It is suitable for all skin types.

The Aloe Vera Hair Conditioner is a lightweight formula that helps to keep the hair soft and hydrated. It is suitable for all skin types.

The Aloe Vera Shampoo is a gentle formula that helps to keep the hair clean and hydrated. It is suitable for all skin types.

Healing ways of aloe vera



A pot of natural remedy for every home

FROM skin to skin, aloe vera has many uses. It's a natural remedy for many skin conditions, including burns, cuts, and scrapes.

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Aloe vera menu

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Skin injury relief

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Beauty care

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Tune protection

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Aloe vera products

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Luxe haircare institute to open in Manila

THIS March, the art of haircare, backed up the most advanced research, combined with top-of-the-line service and a luxurious environment, comes to Manila with the opening of the first Luxe Haircare Institute at 6750 Ayala.

The venue will offer the latest and most personalized hair and scalp treatments, with technology directed by David Roberts, owner of the Luxe Haircare Institute.

The Luxe Haircare Institute is a state-of-the-art haircare institute that offers the latest and most personalized hair and scalp treatments, with technology directed by David Roberts, owner of the Luxe Haircare Institute.

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EXERCISE OF THE WEEK

45 degree bent-over upright row

FIRMS and strengthens the muscles at the back of the shoulders. Your lower back and leg muscles are working also.

Equipment:

A pair of dumbbells.

Exercise technique:

1. Stand with your feet a little wider than hip-width apart.
2. Bend forward from the hips while keeping your back straight and knees slightly bent. Your upper body should be at a 45-degree angle with the floor and your arms should hang down in line with your

shoulders. Palms should be facing the back.

3. Squeeze your shoulder blades together and maintain that position throughout the entire exercise. This is your starting position.

4. Pull the dumbbells up until your elbows are at shoulder level or slightly below.

5. Slowly lower the weight back to starting position.

6. Repeat.

Performance tips:

1. This is an advanced exercise and should only be done by individ-

uals who have developed sufficient strength to maintain a straight spine with a natural curve in the lower back. A fair amount of flexibility is also needed in the hamstrings or back of the thighs.

2. It is very important to keep the shoulder blades squeezed together throughout the entire exercise, otherwise the back will be rounded.

3. Exhale as you pull the dumbbells upward; inhale as you return to starting position.

Repetitions:

Do 12-15 repetitions.

Parents are children's role models

From page C1

forbidden. I found that the best compromise was to set aside a day of the week (usually Saturday or Sunday) for junk or fast food. This is one way to have your cake and eat it, too.

With my kids, the training started from the time they were born. My

husband is another story because, after all, another woman raised him!

The Association of Fitness Professionals of the Phils. will hold a one-day seminar on Feb. 26 at the University of the Philippines Diliman campus. Topics are "The Latest Fitness

Trends and Research," "Exercise for Menopausal Women," "Agility Training for Badminton," "Cardio Dance," "Latin Aerobics," "Yoga Pilates Fusion" and "Hip Hop."

Call 9202762 or 0917-5181202.

Visit www.tinajuanfitness.info

HEALING ways
of aloha vera /C2

LIFESTYLE

For feedback, email us at Readers@pdi.com.ph

See us your breakfast
Inquirer, PDI, Special City Inquirer on
2007 (Globe) or 543 (Jawoll)

Love means surrender

"By now, you have fully experienced love when you sometimes love—this is the spiritual goal of life."

—Deepak Chopra M.D.

Your essence

It is said men are all about work, achievement and ego. And women are all about nurturing, home and heart.

In a busy and somewhat hostile world, it is easy to forget who you truly are and focus your energy on what you do. People become the sum total of their experiences, not the wholeness of their inner essence.

Everyone has an essence. It is the unseen force that drives, inspires and guides you.

Surrender

Confronted by questions like "Did I find the right partner?" "How long will this marriage last?" "Am I truly honest with myself and my mate?" people are swayed or external circumstances to rate their lives. Consequently, there is a sense of urgency or need to "shop" for the right person at the right time.

But Dr. Chopra says in his book, "A Path to Love," love is not about outcomes. To have it, one must surrender. "Without surrender, passion is centered on a person's striving for pleasure and stimulation... with surrender, passion is directed toward himself."

Surrender is the supreme act of faith—knowing that one can flow through

life's challenges and, while heart by heart and intention, believe that things are going to be ok.

You are love

There is inside you, unadorned kindness, goodness and joy. If you haven't realized it yet, you never will. Understanding this means you are more of a brilliant light anchored in somebody but yourself. The self attached to the indescribable part of itself, the spirit, will always be open, honest, joyful, hopeful.

Digmont Ford, in "Liberation and Its Discontents," gave a picture of humanity as suffering, motivated by money, power and sexual gratification. Despite this, there is constant hope. Humans were created for love not just in the depths but to the heights of the human soul.

Ultimately, the "direct experience of spirit is the only lasting foundation for love."

Love yourself

Begin with what you've got... yourself. If things haven't been going your way, if something has been holding you back, if there is more pain than joy in your life,

INSIDE OUT

Gary Gutierrez



Then maybe you should take a good look at yourself. Accept that who you are is lovable and created to be loved. Once you open your soul in this unconditional

work, a door opens. New energies, new experiences will enter your life.

Love's enemy

Fear is the enemy of love. With fear in your heart, no love can enter. Fear of commitment drives away love because it allows hopelessness to reside in your heart.

The only way to overcome fear is to know love is... see you away from it. When people who have fear are isolated about themselves and life situations.

How will do you regard love in your life? Here's a simple one. Sit down with a pencil and paper and record your answers

to these questions:

What's the first name that comes to mind when you think of the following?

Family
Pastor/Minister

Food
Adventures
Seasonal
Consciousness
Teacher
Legal
Relationship
Beliefs
Strong
Family
Gender
National
Achievable
Tolerant
Common
Achievable

Out of 18 possible questions:

• If more than eight of your responses are emotional, there is a strong literary component to your definition of love. This is also true if movie and television stars fly

ARTS 11

